Latest Art, Culture, Food, Tourism News, Views & Announcements

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INK OCHi

FIRST OF ITS KIND FROM KERALA

45

BREAD MAKING
AS A FORM OF ART IN SARDINIA ISLAND

- Red Road - By Soma Mookherji
- Toy Story - By Tom Varghese
- Book Review - An Unborn Desire
- Cocktail - East India Gimlet
- Introducing: Astist Amaraa Varma

This issue is exclusively sponsored by

ELOOR TOURIST HOME

CULTURAL eMAGAZINE
INK OCHi
FIRST OF ITS KIND FROM KERALA

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Editor's Note

ART AND SCIENCE OF BREAD MAKING

There are few things in life more satisfying than eating warm, freshly baked bread. In today's hectic world, mastering the art of bread making is easier than you think.

Great bread is the delicious result of both art and science. The art of bread making involves a combination of flavors and textures. Thread crusty sourdough bread with the flavor of smoked gouda cheese, and add a dash of minced rosemary and oregano. Or why not incorporate brandy-soaked dried fruits into rye bread? Let your imagination and taste buds run wild.

The science of bread making involves chemistry and precision timing. How much to knead the dough, to what consistency, at what temperature and humidity. How long to let the bread dough rise at what temperature. The perfect time to add any nuts and seeds. The exact baking time and temperature for the perfect crust. For the best of bread making with consistently delicious and stress-free results, team up with a quality bread maker. You handle the art of bread making and leave the science to the oven.

Happy Reading...!!
Varghese T. Thomas

PANICKER'S LEGACY

ELOOR TOURIST HOME

Eloor Tourist Home is located in the heart of bustling industrial area of Kalamassery, Kochi, 1.9 km from Kalamassery Railway Station, 20 km from Cochin International Airport. It provides free parking and rooms with free Wi-Fi. Two restaurants are available in the hotel.

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RED ROAD

Text & images: Soma Mookherjee

Red Road of Kolkata has a rich history. The entire stretch of Red Road from Maidan end to Chowringhee end is maintained with great care by state PWD has a rich history.

Moreover, at present it rose to fame as Puja Carnivals are held on this road. This Puja Carnival has added a new feather to West Bengal government's endeavour to showcase its heritage Durga Puja and this year it got highest honour from UNESCO- the untainable cultural heritage of West Bengal. >>

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RED ROAD

Red Road is well lit, with rows of streets on both sides,it looks very prim and glorified with a war memorial near Maidan end on Eastern Command and Police Memorial on Chowringhee end.

Red Road which is synonyms to Parade Road on both Republic Day and on Independence Day also served as a runway for fighter aircrafts in i943 World War II.

In recent years Air Force fighter planes have practiced landings in express ways in various parts of the country. As it turns out the feat wasn't so novel.

It is learnt that during War World II,Air Force fighter aircrafts used Red Road in Kolkata as runways by the Maidan site.

To strengthen India's defence, against the Japanese attack particularly in Kolkata, the then British government had used Red Road for runway for fighter aircrafts.

It is learnt that squadrons were rushed out, and airfields came into being all around the city. The most famous and visible one of these airstrips was a 1100 yard section of the Red Road, between Chowringhee and the Maidan.

But the documents stated :" It was not an easy strip to operate from due to the camber of the road surface and the ornamental balustrades that flanked the road on both sides, and there were occasional mishaps, but the pilots enjoyed using the restaurants lining Chowringhee as their Ready Room.

>>

RED ROAD

The sight of fighters operating from the heart of the city did much to improve the morale of the citizens.

The Japanese threated bombing Kolkata and a few Air attacks were carried out by Japan Air Force .The aircraft were operating from Burma. To prevent damage to the Victoria Memorial Kolkata,it was camouflaged with blackish grey paint.

The Allied Air Force's launched "Over the Hump" operations from bases some already prepared, but most from semi prepared runways. Many of them still exist all over Bengal. The operations was to help the Chinese forces of Chiang Kai Shek against the Japanese.The Red Road stretch was operational from 1943.

The Hump meant Himalayas. This was one one most arduous task conducted by mainly US Air Force.
<>

Writer : Soma Mookherjee is former City Editor and at present Special Representative of The Statesman, Kolkatta. She also writes features in Hindustan Times and The Telegraph.

PANICKER'S LEGACY

ELOOR TOURIST HOME

INTRODUCING... ARTIST

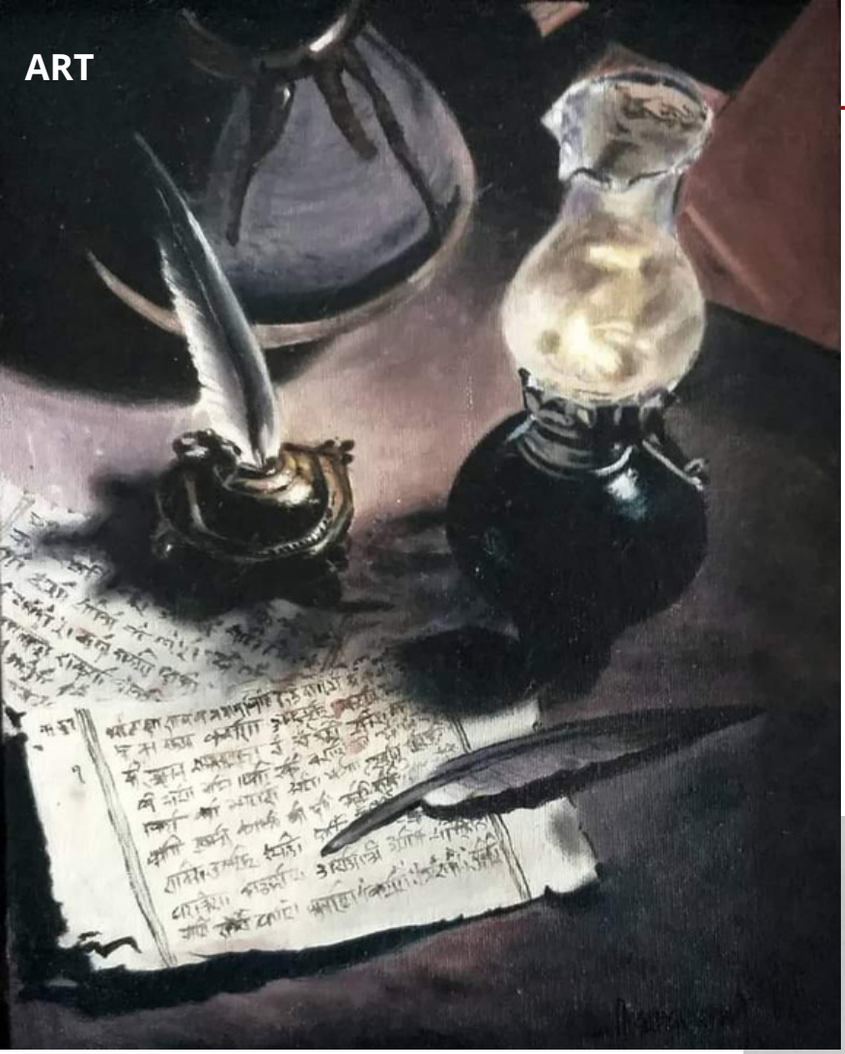
Amaraa Varma

BY EDITORIAL STAFF

OIL PASTEL ON
BLACK PAPER

INTRODUCING... ARTIST

Amaraa Varma



OIL ON CANVAS
BOARD

INK ON PAPER

Amaraa varma started his art carrier in 1999. He had completed 'Diploma in fine Arts'in 2002. He worked as an artist in tamil film industry during the year 2006 to 2012. In 2015 he won the best artist award of the year within the state conducted by Tamilnadu government art and culture department.

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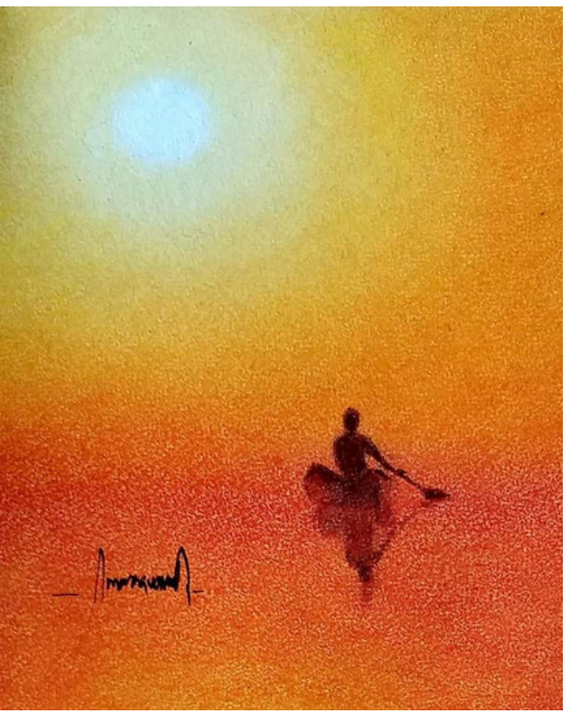
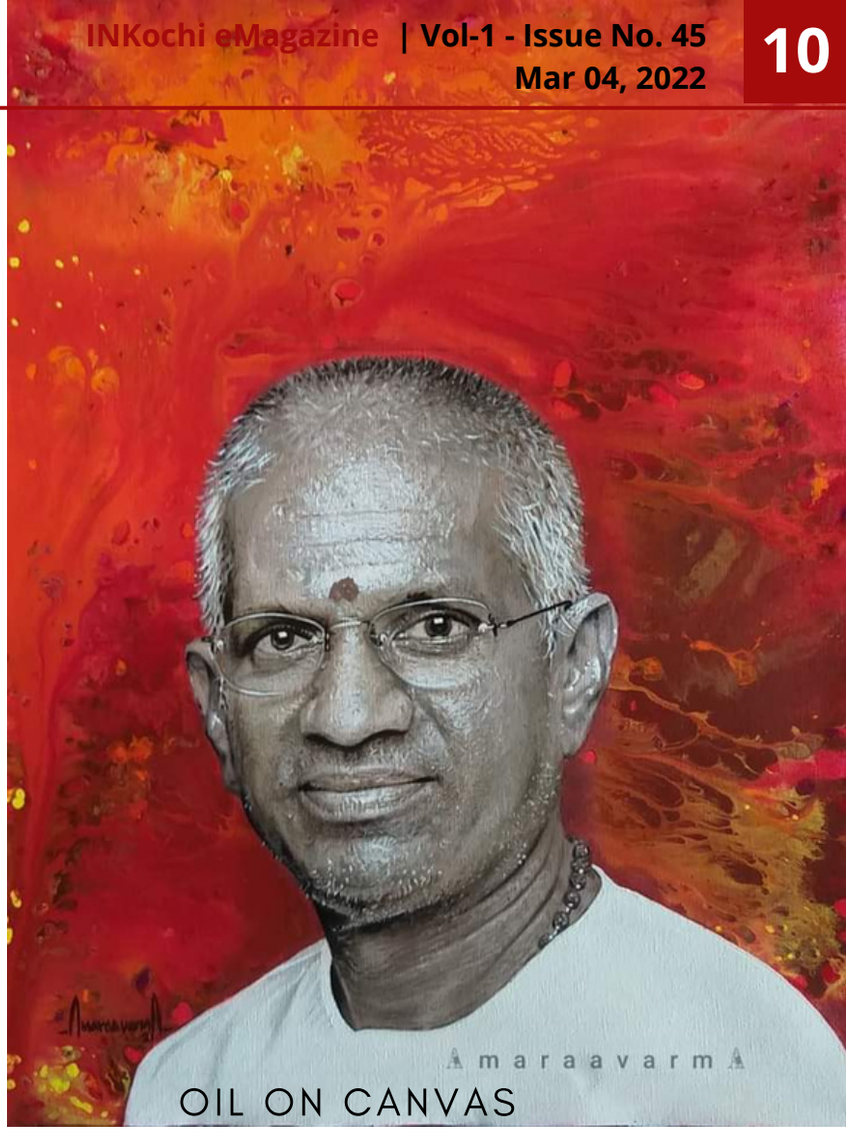
INTRODUCING... ARTIST

Amaraa Varma



SOFT PASTEL ON KAKHI PAPER



OIL ON CANVAS

WATERCOLOUR ON PAPER

Amaraa used to perfect 21 art mediums which includes (Oil painting, Acrylic painting, Watercolor painting, Pencil, Ink, Soft pastel, Oil pastel, Gouache, Charcoal, Pen, Dip pen and pen, Ball point pen, Transparent photocolor, Colour pencil, Poster color, Chalk, Thanjavur painting, Crayons and Watercolor crayons, Glass painting, Enamel painting, Fluid painting) out of these Oil painting, Watercolor, Soft pastel, Pencil and Ink are his favourite mediums.

PANICKER'S LEGACY

ELOOR TOURIST HOME

Rooms are decorated in pleasant shades of and come fitted with a flat-screen TV offering cable channels. A mini-bar and tea and coffee-making facilities are provided. Private bathrooms are fitted with modern accessories.

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INTRODUCING... ARTIST

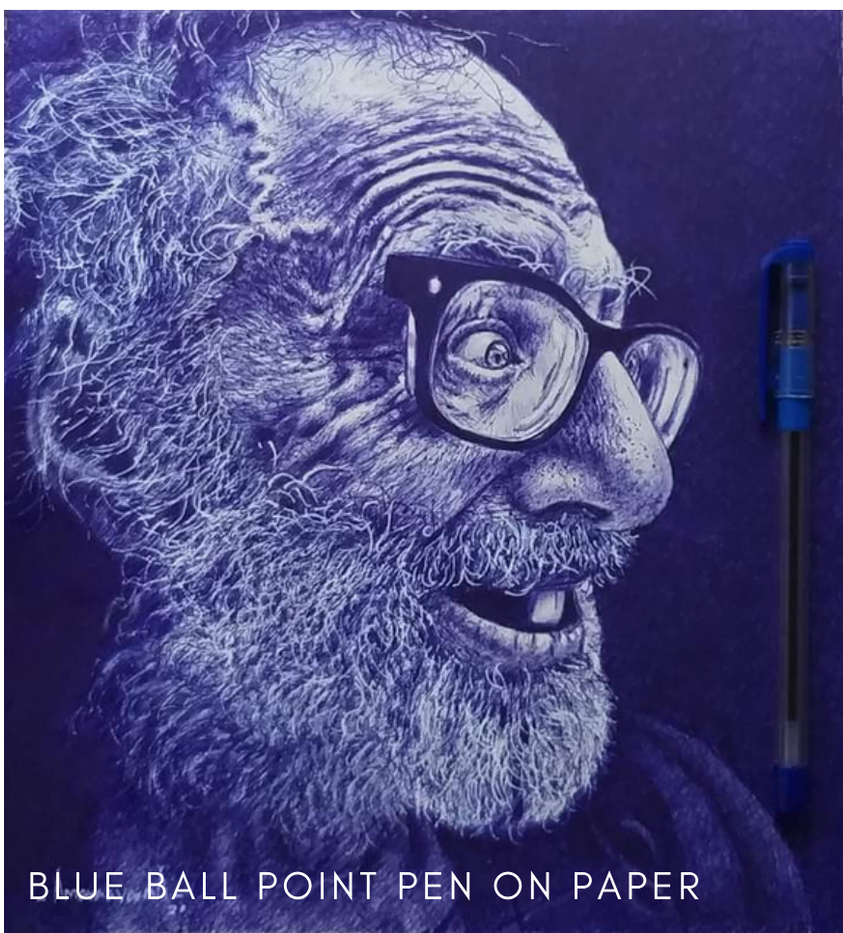
Amaraa Varma

In 2018 he started his own Art academy named as 'AKSHAYAN FINE ARTS'. His students have been participating and coming triumphs in various competitions across the world.Which speaks volume of his academy.

WATERCOLOUR ON PAPER

WATERCOLOUR ON PAPER

WATERCOLOUR ON PAPER



BLUE BALL POINT PEN ON PAPER

PEN ON PAPER

INK ON PAPER
MATERIALS USED:
COLOURED INK, DIP PEN,
COTTON CLOTH

WATERCOLOUR ON PAPER

WATERCOLOUR ON PAPER

INTRODUCING... ARTIST

Amaraa Varma

WATERCOLOUR ON PAPER

Cover

Sardinian bread

By Ruana / Bread World Mag

The simply good food that nourishes the soul.

Sardinian breads are artistic, delicious, fragrant, full of flavor and history. >>

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Sardinian bread

From the artistic bread, prepared on festive occasions such as weddings and births, to the well-known Carasau Bread, also called “music paper”, prepared by the shepherds wives before their husbands left the house for winter transhumance along with the cattle.

A love made of humble stories, a bread coming from farmhouses with steaming roofs. The simply good food that nourishes the soul. >>

The art of the Sardinian bread-making is, according to the island tradition, the encounter between man and woman, which for centuries has been marked by the rhythms of family life.

Sardinian bread

The skilfully sculpted bread shapes, coccoi pintau, are traditionally made for christenings, weddings and festivals.

Sardinia is a very insular island, traditions and recipes have been handed down through generations. In Sardinia I look forward to nothing more than waking in the morning and taking a stroll down to the local bakery to collect my traditional Sardinian bread for my breakfast and lunch. Freshly baked traditional Sardinian bread is delicious with the minimal amount of fuss, very similar to Italian cuisine. A breakfast of freshly baked Sardinian bread, butter and Italian jam is unbeatable. Because of the way Sardinians have lived over the generation's bread making is a tradition that is still going strong today.

Traditional Sardinian dishes were, and in some remote areas still are – based on practical considerations. In the same way that meat was mainly roasted on the spit because the herdsmen were unable to carry heavy cooking equipment around with them, many types of bread were like-wise made with the needs of men in mind who often spent weeks on end in lonely mountain regions far away from the possibility of fresh supplies.

>>

PANICKER'S LEGACY

ELOOR TOURIST HOME

The Springs features an assortment of Indian and European cuisine while drinks can be enjoyed at The Loungevity bar.

Sardinian bread

The bread had to be light in weight with low moisture content so that it would be less likely to go mouldy and, at the same time, be versatile enough to form the basis for a variety of quick, complete meals. Carta da musica or pane carasau, as it is called in Sardinia, fitted the bill perfectly: The once-baked flat bread could be rolled up and carried in a shepherd's bag and the twice-baked version was practically immune to mould.

Panefratau is the filled version of the carta da musica, whereby the crisp rounds of bread are turned into a nourishing meal with diced tomatoes, eggs, pecorino or other cheese, and herbs. Bread was also an important part of the menu of farmers and townsfolk except that they preferred heavier and doughier bread: moddizzosu- or mazzosu loaves could weigh up to 22 pounds (10 kilograms).

Whether it is bread for wandering herdsmen or for townspeople, nothing much has changed with regard to the Sardinians' preference for country-style breads made from bread flour, wheat, or barley flour. One look inside local bakeries will dispel any idea that southern Europeans only eat white bread, as is commonly supposed. >>

Carrying the bread on their heads, Sardinian women, accompanied by their husbands and children proceed solemnly through their village.

Sardinian bread

Another very popular bread is ciabatta, which is now also fairly common north of the Alps. Although ciabatta is not really a typical Sardinian bread, there is hardly a bakery – either in Sardinia or the rest of Italy – which does not sell this aromatic wheat bread with its lightly floured, somewhat leathery crust.

Ciabatta is made from Grade 0 flour; in other words, not as fine or white as the bread made from Grade 00 flour, but it does have more bite and flavor. This soft and fairly moist bread has large holes in it which are formed during the six hours in which the dough is left to rise. They give the bread its characteristic appearance. >>

Sardinia bread

This distinctive Sicilian bread is actually called pane carasau. Its old Sardinian name is becoming increasingly uncommon as visitors from the mainland call it carta da musica. These thin almost transparent rounds of bread resemble sheets of parchment like music manuscript paper and the distinctive sound of these crisp sheets when they are broken also provides the musica.

Making pane carasau the traditional way is fairly expensive. First of all a dough is made from durum wheat semolina, wheat flour, yeast, water, and a little salt. This is left to rise for half a day. Then it is kneaded again and left to rise a second time. The dough is then divided into balls and rolled out into wafer-thin rounds. After being left to stand for several more hours, the bread finally goes into the oven.

As soon as the rounds of bread balloon up, they are removed from the oven and cut horizontally through the middle. The halved bread circles are then baked a second time until they are a delicious golden brown colour. Because the preparation is so time-consuming, most Sardinians leave it to the baker to make this musical bread.

He sells it in stacks of ten or twenty, wrapping his delicate product in paper to protect it. Carta da musica is a tasty snack just as it is, but it can also be brushed with oil and briefly reheated to make it even crispier. It can also be soaked in water to restore its original elasticity and then made into a type of lasagne by layering it with different fillings in an ovenproof dish. >>

Sardinian bread

Coccoi pintatus or pintau is a beautiful bread made by mixing bread flour, lukewarm water, and yeast together. It is often decorated with a cross to ensure that it turns out well! It is then shaped by nimble fingers, using scissors, knives, and pastry cutters, into a vast number of figures ranging from plants to animals. You can see fish, birds, little pigs, turtles, roses, and many other things if you keep a look out. These small works of art are usually mainly made for festival days.

The most popular dish of all must be pane fratau. For this, the bread rounds are spread with tomato paste, layered with poached or fried eggs and then sprinkled liberally with grated cheese. Pane carasau has even made a name for itself in the expensive restaurants of the famous tourist resorts. The bread is broken into pieces, brushed lightly with oil and sprinkled with coarse sea salt – this is as addictive as crackers or crisps. Once you start nibbling, as with pane carasau you can't stop, it's irresistible.

Civraxiu is a specialty bread from Cagliari is baked with bread flour. In order to get a smooth, homogenous dough, it must be well kneaded. As soon as it has risen, it is shaped into loaves, each weighing about two pounds (1 kilogram) and baked in a wood oven. Since the method of making it varies from place to place, civraxiu comes in strong and soft, thin, and thick versions. <>

PC: Viconart

PANICKER'S LEGACY

ELOOR TOURIST HOME

Excellent and much more than your expectations

The hospitality of the entire crew, especially in the Reception.

Tom Varghese

TOY STORY

All my toys were always vehicles,
They all played with balls and bats;
I kept making highways on sand,
Roads and bridges through the garden
Driving my cars through the bush
Making my own hill stations
Always near a bus station.

Gifting toddler remote car-
From there added one by one.
If it was only Mercedes,
Nothing below never I rode.
Then I owned the whole of road
I was then the king of roads
What I owned was car to plane
Then I owned from truck to train.

They all made their bed to sleep
I kept making bed-highways
They all slept by hugging pillow
I slept parking trucks below
When the others brushed their teeth
Rolling buses was my tea
Speeding my car through the bed-way
Trucking loads to the railway station
Which was always near a bus station!
From my plane I look all down
Watching over my own town
Bushes were my forests always
Bricks were always buildings to me
Heap of sand was hill stations
On the ground I made my town
Wherein I made my own rules
From the boxes I made trains
I was always entertained
Hitting cars was on purpose
I kept saying, it's my own town

Even when I step out home
Thinking that I am going Rome
I keep my ride in the palm
Driving through the walls and sand
Taking my dreams to Amsterdam

Flying back in my own airlines
Sailing oceans in my own cruise line
Round the globe in such an ease
Not knowing what a passport is
Crossing borders with such a craze
Till I sleep I keep my race
More than being a conglomerate
Always made my days complete

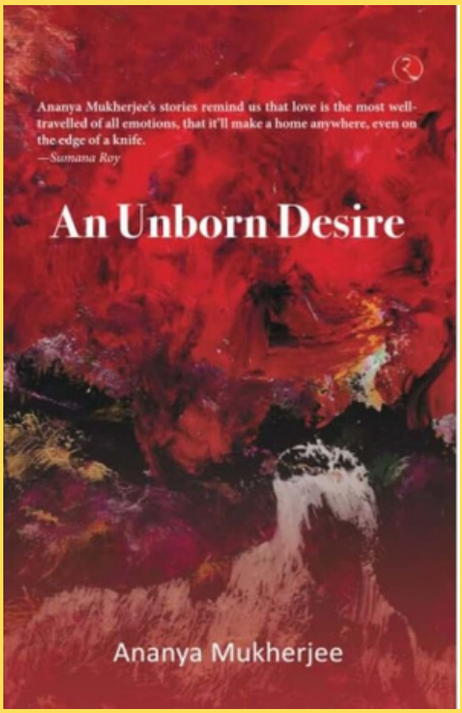
Once I had a sea of toys
Cars and trucks were all around
Bus and trains were rolling around
Plane and ships were floating around
You all made my days very short
Gave me heart to love the engines
Now I have the real engines
But toys is all I imagine
Now I stand with nothing left
Missing days of king of roads

About the book:
(GOODREAD)

These stories take you on a multicultural rollercoaster that has diverse characters and subjects, but with the quintessential twist in the tale. Find out what happens to a happy young man when he challenges a past-life regression therapist whose discovery of his origin changes his life forever. Uncover the secret inspiration of an old artist of abstract paintings in Paris and then join a woman from Cape Town, who makes a journey to Istanbul and Prague in the hope of self-discovery.

Revel in the story of a lady who alters the face of Egyptian history forever by finding her way through a maze of conspiracies, and a girl who, centuries later in India, inspires an entire society to act in the most unpredictable way. Discover the moving shadows of urban Singapore and unveil a predetermined truth as a taxi driver in Saigon meanders through a labyrinth of coincidences. Acclaimed writer Ananya Mukherjee creates a fascinating and poignant vignette of human emotions in An Unborn Desire.

The book erupts like a bubble of freshness through the complexities of the current times. Written in a voice that is honest and compelling, the book is bound to resonate with those who still believe in the power of words. The stories will make you happy and sad at the same time.


Ananya Mukherjee's stories remind us that love is the most well-travelled of all emotions, that it'll make a home anywhere, even on the edge of a knife.
—Sumana Roy
An Unborn Desire
Ananya Mukherjee

Author:
Ananya Mukherjee

East India gimlet

Source: Olive Magazine

Ingredients:

- Dill a small pinch and a sprig to serve
- Lime wedge 1
- London dry gin 50ml
- Rose’s lime cordial 50ml
- Celery bitters 2 dashes

Method:

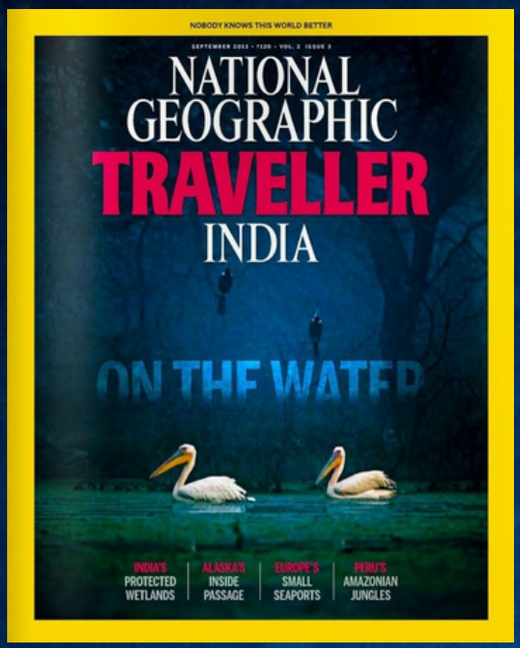
- **STEP 1**
- Before you make the cocktail, put some ice in a coupe glass and add a dash of soda to help it cool quickly.
- **STEP 2**
- Put a pinch of dill, a squeezed lime wedge, the gin and the lime cordial into a shaker.
- **STEP 3**
- Add ice to the shaker, cap it and shake hard. You want to chill the drink as quickly as possible and water it down to the absolute minimum.
- **STEP 4**
- Empty the ice and any liquid from your glass and fine-strain the drink into it. Garnish the drink with a small, fresh sprig of dill.

In the Permit Room at Dishoom King’s Cross, drinks-walla Carl Brown has created a range of bottle- and barrel-aged cocktails. We recommend the Sir Jeejeebhoy, a bottle-aged old fashioned with Ceylon arrack lengthened with coconut water and orange bitters. If you can’t make it to Dishoom, try this recipe for an Indian twist on a classic gimlet.

PANICKER'S LEGACY

ELOOR TOURIST HOME

- Free parking
- Free Wi-Fi
- Airport shuttle
- Accessible
- Family-friendly
- Fitness center
- Business center
- Restaurant
- Bar/lounge
- Air-conditioned
- Smoke-free rooms



One Week One Shot

By:
Sudhir Shivaram

Portraying KERALA

PC: Jafar. S

KALINDHI RIVER
WAYANAD

Thank you for
READING...

CULTURAL eMAGAZINE
INKOCHI
FIRST OF ITS KIND FROM KERALA

YOUR
FEEDBACK
MATTERS

ACROSS CONTINENTS

OUR WEEKLY REACH

25K IN INDIA
5K IN KOCHI

READERS IN
41 COUNTRIES

INKochi Magazine is there in your social media account!

PANICKER'S LEGACY

ELOOR TOURIST HOME